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ABSTRACT

Jogging guidelines are set forth under the following headings: a) What Is Jogging; c) Why One Should Jog; c) How To Begin; d) What To Wear (with the emphasis on proper shoes); e) When and Where To Jog; and f) How To Jog. A 16-week basic program, outlined for inactive adults, recommends for each week the number of days to exercise, the distance, and the pace. A Walk-Jog-Run Pace Chart is included that designates pace, speed, and time for various distances. An address is given where answers to specific questions may be obtained. (BRB)

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PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS
JOGGING GUIDELINES

WHAT IS JOGGING? Jogging is a form of exercise that consists either of alternate walking and running at a slow-to-moderate pace or running at a slow steady pace. The amount and intensity of exercise performed while jogging may be varied over a wide range by regulating the total distance covered, the ratio of walking to running and the pace of running.

WHY JOGGING? Jogging is of particular value since it provides the opportunity for a graduated program of physical activity that can be performed by most people regardless of age, sex or level of physical fitness. It does not require much in the way of special skills, equipment, facilities or supervision nor does it require locating team mates or opponents as do many sports or games. Jogging is extremely valuable for inactive adults since it permits them to gradually condition their bodies to increased exercise stress without the risk of traumatic injuries which can occur in competitive sports such as basketball, handball or volleyball. However, as with any exercise program, every individual should take certain precautions and begin slowly.

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HOW DO I BEGIN? First, it is essential to have a medical check-up if you haven't had one recently. As you get older, the chances of having certain diseases and not being aware of them increases, particularly diseases of the lungs, blood vessels and heart. A medical examination sometimes reveals previously unrecognized disabilities which should be taken care of before you begin jogging. It should be remembered that there are certain individuals who for medical reasons should not take up jogging.

Regardless of your age, if your medical history includes problems of the heart, blood vessels, lungs or joints, you should consult your physician before starting any exercise program including jogging. If you are under 30 years of age and have not had the

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type of medical problems mentioned above, you should have been examined by your personal physician within the last year and found free of any reasons why you should not exercise before beginning your jogging program. Check with him if you have any doubts or questions. If you have not had a medical examination during the past year, it would be a good idea to have one now.

If you are over 30, you should have a complete medical examination by your physician before beginning any exercise program. If not performed recently, you should request that a resting electrocardiogram be included in your examination. For those of you over 40, a medical examination prior to any change in physical activity habits should probably include both an electrocardiogram taken at rest and during and/or immediately following an exercise test.

Remember - only your physician can determine if it is medically acceptable for you to begin your jogging program, so discuss your exercise plans with him.

WHAT TO WEAR? The best guide to use in selecting clothes for jogging is that they be comfortable, reasonably loose, and help keep you cool in the summer and warm in the winter. Women should avoid wearing support garments or clothing that restricts free movement of the arms or legs or impedes the return of blood from the extremities. Men do not need to wear athletic supporters while jogging as they frequently cause skin irritations. Workout uniforms or "jogging suits" are not necessary but they do help motivate some people to keep jogging once they have started.

Do not wear rubberized or plastic clothing while jogging to increase sweating as this will not cause any permanent loss of body weight and can be harmful to your health. Rubberized or plastic clothing can cause body temperature to rise to a dangerous level because it does not give sweat a chance to evaporate, which is the principal temperature regulation mechanism for humans during exercise. When sweat cannot evaporate, body temperature increases and this causes more sweating which can lead to excessive dehydration and salt loss resulting in possible heat stroke or heat exhaustion.

HOW ABOUT SHOES? Proper shoes are essential for the beginning jogger. A shoe for jogging should not fit too tightly, the soles should be firm, the tops should be pliable and they should have good arch supports. Shoes especially made for long distance running or walking are highly recommended and are available at most sporting good stores. Ripple or crepe sole running shoes are excellent especially if jogging is to be done on hard surfaces such as sidewalks or roads. Inexpensive "gym" or tennis shoes or cross-country shoes that do not have a well-protected heel or arch support are not recommended for the beginning adult jogger. Remember - good shoes and socks are your best prevention against blisters, sore feet and aching ankles and knees.

WHERE TO JOG? An excellent feature of jogging is that it can be performed in a wide variety of places. It is best for the beginner not to jog on hard surfaces such as cement or asphalt. If possible, he or she should begin on a running track (located at nearly all secondary schools), a grass or dirt path or on a large smooth grassy area. Varying the place where you jog will add interest to your program. Golf courses, parks or right-of-ways along parkways can provide good variations in scenery and terrain. During inclement weather jogging can be done at the local YMCA, school or church gymnasium, under protected areas around shopping areas or even in your own basement. Be sure to give the right-of-way to automobiles, bicycle riders, dogs and policemen who think you look suspicious.

WHEN TO JOG? Almost any time of day is acceptable for jogging except for an hour or so after a meal and during the middle of a hot and humid day. It is suggested you set aside a specific time of day for jogging. Early morning before breakfast is often found to be a good time for many people. Such a schedule increases the chances that you will adhere to your jogging program. Also, if you jog with a family member, friend or co-worker (of similar ability), you will probably maintain a more regular schedule. Jogging with some one else should be for companionship -- not for competition.

ILLNESS OR INJURIES? If at any time you have a minor illness, injury or infection that might be influenced by jogging, it should be taken care of immediately. Care should be taken to prevent blisters, sore muscles and aching joints. Use of proper shoes and socks and taking it easy at the beginning will help you avoid many of the foot and leg problems that might occur. Any persistent illness or injury should be brought immediately to the attention of a nurse or physician. Overweight individuals need to be extra cautious at the beginning of a jogging program to avoid foot, ankle and knee problems.

HOW TO JOG? There is no one correct way to jog. Just as everyone walks in a slightly different way, their manner of jogging will also vary. Here are some general suggestions to follow which will make jogging more enjoyable and will help reduce any muscular or joint soreness that might occur.

1) Stand up straight, keep your back as straight as naturally comfortable, keep your head up and don't look at your feet while jogging.

2) Your arms should be held slightly away from the body and bent at the elbows so that the elbow and hand are approximately the same distance from the ground. Occasional shaking and relaxing the arms and shoulders while running will help reduce the tightness that sometimes develops while jogging or running. Also, periodically taking several deep breaths and blowing them out completely will help you to relax.

3) A very important part of a successful jogging technique is how your foot hits the ground. There are several acceptable techniques but the best is to land first on the heel of the foot then rock forward and take off from the ball of the foot on your next step. If you find this procedure to be uncomfortable or unnatural, try landing on the entire bottom of the foot all at once with most of the weight on the ball of the foot. An attempt should be made to avoid landing just on the ball of the foot because this will create unnecessary foot and leg soreness.

4) Regardless of what method is used, keep your steps short by letting the foot strike the ground beneath the knee instead of reaching it out in front of you. The slower the rate of running, the shorter your stride length should be.

5) Remember to breathe deeply while jogging - do not hold your breath.

6) If for some reason, known or unknown, you become unusually tired or uncomfortable while jogging, take it easy and slow down, walk or stop.

A BASIC JOGGING PROGRAM FOR INACTIVE ADULTS

The jogging program provided here can be performed by most men and women of all ages. Many younger people or active individuals will find it too easy and therefore should proceed with a more vigorous program. For more details on jogging and a wider variety of programs, see: Jogging: A Physical Fitness Program For All Ages, William J. Bowerman and W. E. Harris, M.D., New York, Grosset and Dunlap Publishers, 1967.

At the beginning, it is best to jog every other day or at least three times per week. If the beginner jogs every day, the chances of foot or leg problems developing are greater than if he jogs every other day. After the bones, ligaments and muscles of your legs get used to supporting your body weight while jogging, then you can attempt a daily program, if so desired. On the days you don't jog, try to perform some stretching exercises or calesthenics and go for a brisk walk or swim. If you find this program too difficult, replace some of the jogging with walking or reduce the total distance covered each day. Be sure to always start your workout with a warm-up (a walk and some stretching exercises) and end it by tapering off with a walk for at least several minutes. These procedures will help reduce any muscle soreness or cardiovascular complications that might occur.

Once you complete this 16 week basic program, you should be an experienced enough jogger to design a regular exercise program to fit your own needs, schedule, facilities and interests. Remember, the important thing is to exercise regularly -- that is, every day or every other day.

For answers to specific questions about jogging, write the National Jogging Association, Box 19367, Washington, D.C. 20036, Richard L. Bohannon, M.D., President.

WALK-JOG-RUN PACE CHART

Pace	Speed mph	Time For Various Distances (min:sec) 55 yds.	110 yds.	220 yds.	440 yds.	880 yds.	1 mile
Slow Walk	3	:38	1:15	2:30	5:00	10:00	20:00
Moderate Walk	4	:28	:56	1:52	3:45	7:30	15:00
Fast Walk	4.5	:25	:50	1:40	3:20	6:40	13:20
Slow Jog	5	:22	:45	1:30	3:00	6:00	12:00
Moderate Jog	6	:19	:38	1:15	2:30	5:00	10:00
Fast Jog	7	:17	:33	1:05	2:09	4:17	8:34
Slow Run	8	:15	:29	:57	1:54	3:47	7:34
Moderate Run	9	:13	:25	:50	1:40	3:20	6:40
Fast Run	10	:11	:22	:45	1:30	3:00	6:00
Competitive Running	11	:10.5	:21	:41	1:22	2:44	5:27
	12	:9.5	:19	:38	1:15	2:30	5:00
	15	:7.5	:15	:30	1:00	2:00	4:00

This chart should be used to help you follow the basic jogging program provided here or any other exercise program that involves walking, jogging or running. If you know the distance you are walking, jogging or running, you can time yourself over these distances and determine your speed.

WEEK 1

Day 1	Walk 880 yds.	(1/2 mile)	@ Slow pace with stretching	
	Jog 55 yds.	(25 sec.)	Walk 55 yds.	2 times
Day 2	Walk 880 yds.	(1/2 mile)	Easy pace with stretching	
	Jog 55 yds.	(25 sec.)	Walk 55 yds.	4 times
Day 3	Repeat Day 2			

WEEK 2

Day 1	Walk 440 yds.	(1/4 mile)	@ Moderate pace with stretching	
	Jog 55 yds.	(25 sec.)	Walk 55 yds.	4 times
	Walk 440 yds.	(1/4 mile)	Moderate pace	
	Jog 110 yds.	(50 sec.)	Walk 110 yds.	
Day 2	Repeat Day 1			
Day 3	Walk 440 yds.	(1/4 mile)	@ Moderate pace with stretching	
	Jog 55 yds.	(22 sec.)	Walk 55 yds.	4 times
	Walk 220 yds.	@ Moderate pace		
	Jog 110 yds.	(45 sec.)	Walk 110 yds.	2 times

WEEK 3

Day 1	Walk 440 yds.	(1/4 mile)	@ Moderate pace with stretching	
	Jog 55 yds.	(22 sec.)	Walk 55 yds.	4 times
	Jog 110 yds.	(45 sec.)	Walk 110 yds.	4 times
Day 2	Repeat Day 1			
Day 3	Walk 440 yds.	@ Moderate pace with stretching		
	Jog 55 yds.	(22 sec.)	Walk 55 yds.	4 times
	Walk 220 yds.	(1/8 mile)	Moderate pace	
	Jog 220 yds.	(slow)	Walk 220 yds.	
	Jog 110 yds.	(45 sec.)	Walk 110 yds.	2 times

WEEK 4

Day 1	Walk 440 yds.	@ Moderate pace with stretching	
	Jog 55 yds.	Walk 55 yds.	4 times
	Jog 110 yds.	Walk 110 yds.	4 times
	Jog 220 yds.	Walk 220 yds.	
Day 2	Repeat Day 1		
Day 3	Walk 440 yds.	@ Moderate pace with stretching	
	Jog 55 yds.	Walk 55 yds.	4 times
	Jog 44 yds.	Slow pace Walk 220 yds.	
	Jog 110 yds.	Walk 110 yds.	3 times

WEEK 5

Day 1	Walk 440 yds.	@ Brisk pace with stretching	
	Jog 110 yds.	Walk 110 yds.	2 times
	Jog 220 yds.	Walk 220 yds.	2 times
	Jog 330 yds.	Walk 330 yds.	
Day 2	Repeat Day 1		
Day 3	Walk 440 yds.	@ Brisk pace with stretching	
	Jog 110 yds.	Walk 110 yds.	2 times
	Jog 440 yds.	Walk 440 yds.	
	Jog 220 yds.	Walk 220 yds.	2 times

WEEK 6

Day 1	Walk 440 yds.	@ Brisk pace with stretching	
	Jog 110 yds.	Walk 110 yds.	4 times
	Jog 440 yds.	Walk 440 yds.	
	Jog 55 yds.	(19 sec.) Walk 55 yds.	4 times
Day 2	Repeat Day 1		
Day 3	Walk 440 yds.	@ Brisk pace with stretching	
	Jog 110 yds.	Walk 110 yds.	2 times
	Jog 880 yds.	Slowly	
	Jog 55 yds.	(19 sec.) Walk 55 yds.	4 times

WEEK 7

Day 1	Walk 440 yds.	@ Brisk pace with stretching	
	Jog 110 yds.	Walk 110 yds.	4 times
	Jog 330 yds.	Walk 330 yds.	
	Jog 220 yds.	Walk 220 yds.	3 times
Day 2	Repeat Day 1		
Day 3	Walk 440 yds.	@ Brisk pace with stretching	
	Jog 1 mile slowly (vary pace and walk if necessary)		
	Jog 55 yds.	Walk 55 yds.	4 times

WEEK 8

Day 1	Walk 440 yds.	@ Brisk pace with stretching	
	Jog 110 yds.	Walk 110 yds.	3 times
	Jog 220 yds.	Walk 110 yds.	2 times
	Jog 440 yds.	Walk 440 yds.	
Day 2	Repeat Day 1		
Day 3	Walk 440 yds.	@Brisk pace with stretching	
	Jog 1 mile		
	Jog 110 yds.	Walk 110 yds.	2 times

WEEK

Day 1	Walk 440 yds.	@ Brisk pace with stretching	
	Jog 110 yds.	Walk 110 yds.	3 times
	Jog 330 yds.	Walk 110 yds.	2 times
	Jog 440 yds.	Walk 440 yds.	
Day 2	Repeat Day 1		
Day 3	Walk 440 yds.	@ Brisk pace with stretching	
	Jog 220 yds.	Walk 110 yds.	2 times
	Jog 1 mile		

WEEK 10

Day 1	Walk 440 yds.	@ Brisk pace with stretching	
	Jog 110 yds.	Walk 110 yds.	4 times
	Jog 440 yds.	Walk 220 yds.	
	Jog 220 yds.	Walk 220 yds.	2 times
Day 2	Repeat Day 1		
Day 3	Walk 440 yds.	@ Brisk pace with stretching	
	Jog 220 yds.	Walk 110 yds.	2 times
	Jog 1 mile		
	Jog 55 yds.	Walk 55 yds.	2 times'

WEEK 11

Day 1	Walk 440 yds.	@ Brisk pace with stretching	
	Jog 110 yds.	Walk 55 yds.	4 times
	Jog 220 yds.	Walk 110 yds.	3 times
	Jog 440 yds.	Walk 220 yds.	
Day 2	Repeat Day 1		
Day 3	Walk 440 yds.	@ Brisk pace with stretching	
	Jog 1 1/2 miles	(vary pace and walk if necessary)	

WEEK 12

Day 1	Walk 440 yds.	@ Brisk pace with stretching	
	Jog 220 yds.	Walk 110 yds.	2 times
	Jog 110 yds.	Walk 55 yds.	4 times
	Jog 440 yds.	Walk 220 yds.	2 times
Day 2	Walk 440 yds.	@ Brisk pace with stretching	
	Jog 440 yds.	Walk 220 yds.	2 times
	Jog 330 yds.	Walk 110 yds.	2 times
	Jog 110 yds.	Walk 55 yds.	3 times
Day 3	Walk 440 yds.	@ Brisk pace with stretching	
	Jog 1 1/2 miles at your own pace		
	Walk 440 yds.		

WEEK 13

Day 1 Walk 440 yds. @ Brisk pace with stretching
Jog 220 yds. Walk as necessary 3 times
Jog 330 yds. Walk as necessary 2 times
Jog 440 yds. Walk as necessary 2 times

Day 2 Walk 440 yds. @ Brisk pace with stretching
Jog 1 1/2 miles - vary pace
Walk 440 yds.

Day 3 Walk 440 yds. @ Brisk pace with stretching
Jog and walk when necessary for 2 miles
Walk 440 yds.

WEEK 14

Day 1 Walk 440 yds. @ Brisk pace with stretching
Jog 440 yds. Walk as necessary 2 times
Jog 220 yds. Walk as necessary 4 times
Jog 880 yds. Walk 220 yds.

Day 2 Walk 440 yds. @ Brisk pace with stretching
Jog 2 miles - vary pace, walk when necessary
Walk 440 yds.

Day 3 Walk 440 yds. @ Brisk pace with stretching
Jog 880 yds. Walk as necessary
Jog 440 yds. Walk as necessary 2 times
Jog 220 yds. Walk as necessary 4 times
Walk 220 yds.

WEEK 15

Day 1 Walk 440 yds. @ Brisk pace with stretching
Jog 880 yds. Walk as necessary 2 times
Jog 220 yds. Walk as necessary 4 times
Jog 440 yds.
Walk 220 yds.

Day 2 Walk 440 yds. @ Brisk pace with stretching
Jog 2 miles at your own pace
Walk 220 yds.

Day Same as Day 1

WEEK 16

Day 1	Walk 440 yds.	@ Brisk pace with stretching	
	Jog 110 yds.	Walk as necessary	4 times
	Jog 220 yds.	Walk as necessary	4 times
	Jog 440 yds.	Walk as necessary	2 times
	Jog 880 yds.	Walk as necessary	2 times
	Walk 220 yds.		
Day 2	Walk 440 yds.	@ Brisk pace with stretching	
	Jog 20 minutes at own pace		
	Walk 220 yds.		
Day 3	Walk 440 yds.	@ Brisk pace with stretching	
	Jog 24 minutes at own pace	Walk if necessary	
	Walk 220 yds.		

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